

WHEN YOUR WORLD FALLS APART (LAMENTATIONS 1)

FEB 1 2026



Lament is defined as a passionate expression of deep sorrow or grief.

The people of God have lost everything: their land, temple, leadership, and almost their identity. Hope does not come from denial or fantasy, but honest assessment and truth. You do not stumble upon hope, but it comes from seeking and submission.

1. When everything falls apart, God welcomes honest lament

- God does not rebuke Israel for her sorrow, but He provides words for her condition.
- "How" is a cry of shock/disbelief. It opens Lamentations 2 and 4; Isaiah 1; Jeremiah 8.
- The belief of the Ancient Near East was that "the gods" abandoned their people when the temple was destroyed.
- Our faith and hope must rise above the beliefs of our culture or community.

2. When everything falls apart, we must identify the cause of our sorrow

- We must examine our hearts for any sin; sin is often the cause, but not always
- We cannot blame others for our sorrow, but rather take ownership
- The captivity of Israel was a fulfillment of Deuteronomy 28. God keeps His Word, even when we don't!

3. When everything falls apart, crying out to God restores hope

- Hope is not mere optimism, but it is directed dependence on God
- God is working for our deliverance, even when we don't see it. In 539 BC, Cyrus of Persia would allow the people to return to their homeland.
- Biblical faith can say "Even though I am hurting, God is still good and righteous"

Conclusion: When your world falls apart, you can be faithful while broken; repentant while grieving; honestly hopeful while suffering deeply.

1. Why does Scripture preserve such raw grief in Lamentations 1 instead of resolving the story immediately? Read Psalm 88 and Romans 8:26. Does God try to hide the pain that comes in life, especially following Him? Where does the teaching come from that you will “have it made” if you follow Jesus?
2. How does the repeated cry “How” shape our understanding of biblical faith? Read Isaiah 1; Jeremiah 8; Lamentations 2 and 4. How does this cry impact the message of these chapters? Describe a time when you cried out “How?” What is the difference between “How” and “How dare you”?
3. What is the difference between suffering because of sin (Lamentations 1:8) and suffering for righteousness (Job, Christ)? Read Matthew 5:1-12 and 1 Peter 2:19-23. What are some signs to look for that show we are being persecuted for sin? For righteousness?
4. How does acknowledging God’s righteousness (Lamentations 1:18) help prevent bitterness during suffering? Read Daniel 9:7-9 and explain how it affects this truth. Can God ever make a mistake? Does it ever feel like He does? How does Romans 8:28 relate?
5. What cultural expectations of ancient cities and gods intensify Jerusalem’s despair? Read Isaiah 46 to understand actions of pagan deities. What are some philosophies or teachings from other cultures today that impact the way we view God and His ways?
6. How does Lamentations 1 prepare the way for Lamentations 3 and the message of renewed hope? Can hope come to a mind/heart that hasn’t been prepared for change? Explain the significance of truth, confession, repentance, identification of issues in preparing for hope? What are some hindrances to true hope?
7. How does Jesus fulfill the theology of lament seen in Lamentations? Read Matthew 27:46; Hebrews 5:7; Isaiah 53 and explain their relevance to lament? How do you define lament? How does it encompass sorrow, pain, regret, anger?

For further study and insight, read the following passages: Deuteronomy 28:36-37; 2 Chronicles 36:15-16; Job 3:11-12; Psalm 13:1-2; 51:3-4; Habakkuk 3:17-19; John 11:35; Romans 8:18; 1 Corinthians 11:31; Hebrews 4:15; Revelation 21:4.

February: **Lamentations/Obadiah - Hope in Sorrow**

Memory Verse: Lamentations 3:22-23

Date	Sermon Text	1	2	3	4	5	6
Feb. 1	Lam. 1	Lam. 1:1-4	Lam. 1:5-8	Lam. 1:9-12	Lam. 1:13-16	Lam. 1:17-20	Lam. 1:21-22
Feb. 8	Lam. 2-3	Lam. 2:1-7	Lam. 2:8-15	Lam. 2:16-22	Lam. 3:1-22	Lam. 3:23-44	Lam. 3:45-66
Feb. 15	Lam. 4-5	Lam. 4:1-7	Lam. 4:8-15	Lam. 4:16-22	Lam. 5:1-7	Lam. 5:8-15	Lam. 5:16-22
Feb. 22	Obadiah	Ob. 1-4	Ob. 5-8	Ob. 9-12	Ob. 13-15	Ob. 16-18	Ob. 19-21